

Double whammy in Dartmouth

Thirty-five firefighters were needed to tackle a Sunday-afternoon blaze that heavily damaged two neighbouring homes PAGE 4 $\,$

POINT OF PRIDE

BASE-RUNNING IN HEELS AND A MAKEUP STATION AT SECOND HELP THE DIVAS DEFEAT THE DYKES AT HALIFAX PRIDE'S ANNUAL SOFTBALL GAME

Monday, July 23, 2012



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Thousands to take in Tall Ships finale

Tall Ships Nova Scotia 2012. Popular Parade of Sail on Halifax harbour set for noon to 2 p.m.

There are tearful, emotional goodbyes; then there are goodbyes that leave you dumbstruck with awe. Monday's Parade of Sail will finish off the five-day Tall Ships festival in style as the fleet splits in half and heads to other ports in Nova Scotia.

According to Colin Mac-Lean, president and CEO of the Waterfront Development Corp., there is no bad spot around the harbour to watch the action.

"I know for a fact some people will argue for the rest of their lives there's no place to watch a Parade of Sail better than Alderney Landing, because the ships come right up towards them," MacLean said.

And some people will get on top of the roofs of office build-



ings for a bird's-eye view.

Parade of Sail events are a tradition at all tall-ship festivals, started by the captains of the ships as a way of saying goodbye and thanks, MacLean said.

"The one in Halifax is unique in that they make a round of Georges Island and they go up the Dartmouth side, then they'll make the turn around the Halifax Dockyard," MacLean said.

From sold-out tickets to

reports of outstanding sales from waterfront vendors, all accounts so far point to a successful 2012 event. Of course, endless sunshine and warm temperatures all weekend didn't hurt either.

Gillian Conrod, from Cole Harbour, toured many of the ships with her family on Sunday and said she was impressed. "It's flowing good, actually," she said, adding that the line ups were tolerable.

By Georges, it's sure

DARK DOWN HERE

Carla Wheaton, cultural resource manager with Parks Canada, gives a tour of the tunnels of Georges Island Sunday.
The tours were part of Tall Ships Nova Scotia 2012. JEFF BIARPER/FOR METRO

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On the web

So much for the Olympic spirit

For some in Athens, the Olympics are not a celebratory affair. The birthplace of the Games is collectively groaning after hosting the 2004 event. Go to metronews.ca to find out why the public is so unhappy.

Mobile news



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One of 10. First **Nova Centre** meeting tonight

The first of 10 public meetings on the Nova Centre project will be held Monday evening at St. David's Hall on Brunswick Street.

The meetings, touted as an opportunity for the public to "Build Your Centre," will take place over the next four months. Most of the meetings will happen in HRM, with additional presentations in Sydney, New Glasgow, Truro,

Wolfville and Lunenburg. Monday's meeting will allow for 30 members of the public to weigh in on the \$500-million Nova Centre, fo cusing on the key issues and questions about Joe Ramia's project. It gets underway at 7 p.m.

According to Tim Merry, who led public consultations on the new central library, about 80 per cent of the Nova Centre has already been decided on. It's the remaining 20 per cent, Merry said, that the public will have an opportunity to influence.

The event will also be livestreamed through the Build Your Centre website at buildyourcentre.ca. metro

Investigation underway

Woman dead following crash on Highway 103

A woman is dead after a three-vehicle crash near Exit 5 on Highway 103.

The accident happened Saturday at about 11 a.m. The victim was driving alone in her car and was pronounced dead at the scene. She is believed to be in her 50s.

Halifax RCMP spokes-man Cpl. Scott MacRae said the other two vehicles involved in the crash were a pickup truck carrying several people and a Volkswagen car that had two people inside. metro



Kerrie Mia Away of the Diva team chases down Heather Roberts of the Dykes team during the annual Dykes vs. Divas baseball game Sunday on the Halifax

Divas down Dykes in Pride softball game

Annual tradition. First weekend in books for 10-day festival



AIFX **BOUTILIER**

Despite virtually no defence to speak of, the Divas de-feated their rival Dykes in the annual softball game in the opening weekend of Halifax

It was all Divas at the start of the game, with their first batter hitting a leadoff single on the first pitch of the game.

The momentum was broken when it was revealed the Divas were actually short one player.

Conveniently, a man in a bright pink bikini — "Boots' was watching from the stands and volunteered, smacking a triple on his first at-bat.

"Hit it like you would the Boy Scouts of America," quipped one of the MCs.

The Dykes were quick to answer, and came to realize the Divas' principle weakness: hitting the ball in their general direction. Even though their rivals fielded between six and eight players in the outfield, the Dykes still man-

For a full list of Halifax Pride events — and there are many — head to halifaxpride.com.

aged to find a gap

But the Divas had strengths, too — a makeup station to distract runners on second base, as well as actually physically preventing the Dykes from running the bases.

In the end, that, along with some impressive base-running in heels, was enough to carry the day. The final score was

- although there was a great deal of confusion about which runs counted and which did not. This is the 25th anniversary

of Halifax Pride, and the softball game was just the start. After the flag-raising in Grand Parade on Monday night, organizers have planned everything from a gay-pride trivia night to pool tournaments to harbour cruises.

The Nova Scotia Rainbow Action Project will also be hosting a number of lectures at the Spring Garden Road Library, covering anything from LGBTQ health care to the Charter of Rights and Freedoms.



NEWS

Plenty to discover on tour of historic Georges Island

Glimpse into the

past. Thousands take advantage of unique visit to local site that has important links to the War of 1812



JENNIFER

The snakes of Georges Island are legendary, but what about the tunnels?

On Sunday, Parks Canada, which operates the national historic site, opened the island up to thousands of ticket-bearing tourists and locals alike.

The event was a special occasion for the tall ships festival but also because this spit of land has significant links to the War of

1812.
"The island was very important to the defence of Halifax during the War of 1812," said Carla Wheaton, cultural resource manager with Parks Canada.

The guns of Fort Charlotte on Georges Island were aimed out towards the sea to protect the British port from seaward attacks.

"It was the spot in Halifax where the British military focused their efforts of defending the harbour during the War of 1812," Wheaton said.

- Georges Island housed early settlers as they built the port town of Halifax in 1749.
- The first military fortifications were installed in
- The first lighthouse on the island was built in
- The island was declared a national historic site in

Speaking to Halifax's strong defenses, nary a shot needed to be fired during the war 200 years ago.

Not much remains from the 1812 era on Georges Island because the fortifications were continually being updated throughout the centuries, but there are still a few reminders of that time, Wheaton said.

Hundreds of people wait-ed in long lines under the sun for a guided tour of the brick tunnels under Fort Charlotte on Sunday.

The maze of cool, musty tunnels, which are still in good shape, housed the ammunition and gunpowder for the massive cannon.

Since Georges Island is only rarely opened up for public tours, Sunday's

provided a rare

glimpse into the depths of

Halifax history.
"The tunnels, their sole purpose was to support the guns of Fort Charlotte," Wheaton said, adding the brick tunnels date back to the 1860s when the fort was rebuilt.

Before that, the tunnels were far more rudimentary. he explained.

Phil Loomer, who has lived in HRM most of his life, had never been to

Georges Island before Sun-

day. "I quite like it," he said. "I have some understanding of the history of the area."

But seeing the picturesque island from the Halifax waterfront and stepping foot on its shores are en-

tirely different experiences.
"When you're out here it's bigger than it appears on shore," he said. "And I find the vegetation and greenery here really inter-

Snake population

Home to more than history

While uninhabited by humans, Georges Island is home to hundreds of Maritime garter snakes. "There's an impression that the island is literally covered with them

but actually, they're not often seen," Wheaton said.

During her trips to the island over the past five years, Wheaton said she's only seen about a dozen snakes.

Georges Island boasts one of the biggest populations of garter snakes due to the lack of human interaction but also because there are fewer predators on the site

Quoted

"The island was very important to the defence of Halifax during the War of 1812."

Carla Wheaton, cultural resource manager with Parks Canada, on Georges Island's unique

Sold-out concert event rocks the island

Thousands crammed the battlements on George's Island for the first-ever George's Island Party on Saturday. And the party did not disappoint.

Newfoundland's Rosetta! headlined the sold-out concert, put on as part of Tall Ships Nova Scotia 2012.

Under the midday sun. frontman Tim Baker had fans swaying, clapping and singing along.

The band even printed some key sing-along lines on the back of the event's program for the uniniti-

Halifax's The Lucy Grays opened the day, having won the gig through Live 105's Battle of the Bands.

Halifax's Ben Caplan and the Casual Smokers kept the crowd's energy up with Caplan's trademark rasp.

The surroundings added much to the music — just the sheer fact of being on a tiny island in the middle of Halifax Harbour was a

Organizers from the Waterfront Development Corporation, along with sponsoring partner Captain Morgan, did an admirable job with the logistics of the

Despite their efforts, transporting thousands of sun-drenched and liquorsoaked concertgoers had its difficulties.

The line to catch a ferry stretched half the length of the island, and there was a palpable sense of relief when weary visitors stepped back onto the Halifax pier.

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Dartmouth homes heavily damaged by afternoon fire

No injuries reported. Almost three dozen firefighters needed to put out blaze



Halifax firefighters battled an afternoon blaze Sunday as two neighbouring homes on a Dartmouth street went up in

At 3:25 p.m., firefighters were called to Lindenwood Ter-

race after reports of a house fire came in. Halifax regional fire platoon chief Bryson Wilson said the fire began at 152 Lindenwood Terrace and then spread quickly over to 146 Lindenwood Terrace.

"We had two residential houses fully involved on ar-rival. This fire was a defensive fire from the start," he said, adding heavy flames could be seen coming from both homes.

Firefighters were eventually able to contain the blazes, with both homes receiving heavy damage. There were no reported injuries, and Wilson said it's believed no one was

Thirty-five firefighters battled the blaze.

inside either home when the fires began. Investigators were on scene late Sunday trying to determine a cause, he added.

To help battle the blaze, power was shut off to hundreds of people in the area for several hours so firefighters wouldn't have to work around live power lines while using water hoses on ladders.

Revised report. N.S. should trim legislature, merge minority ridings, commission says

A commission examining electoral boundaries in Nova Scotia says there should be one less member in the provincial legislature and four designated minority ridings should merge with other constituencies.

The province's Electoral Boundaries Commission released a revised interim report Friday in which it recommends there being 51 members in the house of assembly.

It also calls for the elimina-tion of three ridings in Cape Breton, northeast Nova Scotia and the southwestern region of the province, while recommending the addition of two ridings in the Halifax area.

The commission released

its first interim report June 1. recommending continued protection for the province's four designated minority ridings.

But the provincial government rejected it, saying it did not comply with the legislature's mandatory terms of reference that requires constituencies to be within 25 per cent of the average number of voters.

The minority group ridings do not meet that criteria.

At the time, the commis-

sion's chairwoman disagreed, saying the terms of reference weren't mandatory.

That prompted opposition parties to accuse the government of political

Expand Preston riding

The commission is proposing that the Halifax-area riding of Preston, which has a large number of black constituents, be expanded to include areas from the ridings of Cole Harbour and Dartmouth Fast and be renamed Dartmouth-Preston.

interference — allegations it denied. But the commission later agreed to revise the interim report.

THE CANADIAN PRESS

Two teens charged in senior's robbery

Dartmouth crime.

Two 15-year-olds face charges after a man. 81, was forced into the basement of his home and robbed

Two 15-year-old boys are due in court Monday in the robbery of an 81-year-old man at his Dartmouth home last Wednesday.

Halifax police say several search warrants were conducted Thursday in the Preston area, with five people arrested in relation to the break-and-enter of a Preston home the same night the senior was robbed.

Two of those arrested, the two 15-year-olds, are now facing charges of robbery, breakand-enter, possession of stolen property and firearm offences in the robbery of the 81-year-old. In that case, police say two teens knocked at the victim's door on Princeton Lane and then went in

Once inside, police say one of the teens pointed a gun at the senior and forced him to the basement. He then pushed him to the floor and stole the keys to his 2010 Buick Lacrosse.

• The 81-year-old victim suffered minor injuries while being pushed to the floor.

The teens then fled, taking the vehicle, which was last seen heading towards Portland Street from Eisner Street

On Thursday morning, police said officers found the stolen vehicle in the 100 block of Whynder Lake Road in North Preston.

Birchy Head. Scuba diver found dead after group reports him missing

A scuba diver missing for more than an hour near Halifax was found dead Sat-

Halifax Regional Search and Rescue said the 37-yearold man from Dartmouth was diving in Birchy Head near Hubbards when he went missing.

The man was first noticed missing when his group of 10 divers returned to the shore, then called 911 as soon as they noticed.

Searchers started looking for the man using ground crews, the coast guard and a search-and-rescue aircraft.

• RCMP Cpl. Scott MacRae said the coast guard found his body along the shoreline.

He said the investigation is ongoing and all factors will be taken into considera-

"We will look at all elements of equipment, experience, possible medical conditions, did he go into distress," MacRae said.

THE CANADIAN PRESS

3 people in custody

Man held against will, forced to drive to Halifax

Police say two men and a teen are due in court on Monday in connection with a robbery in Windsor.

The man alleges the suspects assaulted him, took his keys and cash and forced him to take them to Halifax to allegedly purchase firearms. Cpl. Scott MacRae says

when one of the men stepped out of the car briefly, the alleged victim called 911 and left the line open. From there, police tracked the vehicle to highway 101.

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China. Heaviest rainfall in 60 years kills many, leaves cars and buses submerged

The heaviest rain to hit Beijing in six decades killed at least 10 people and left cars and buses submerged.

Meanwhile, other 10 storm deaths were reported elsewhere as China braced itself on Sunday for more downpours. The rain Saturday night knocked down trees in Beijing and trapped cars and buses in waist-deep water in some areas

In Tongzhou district on the capital's eastern outskirts, two people were killed by collapsed roofs, one person was fatally struck by lightning and a fourth was electrocuted by a fallen power line as he helped neighbours es-



cape, the government news agency said. Another man in Beijing died when his car was trapped in deep water near the city centre.

THE ASSOCIATED PRESS

Russian floods

Officials detained over failure to warn

Russian police have detained three officials accused of failing to properly warn and evacuate residents in a southern region where floods killed scores of people this month.

The flooding in the Black Sea region killed 171 people — including 153 in the town of Krymsk and its suburbs — after torrential rain left behind nearly 30 centimetres of water.

The flash flood turned Krymsk's streets into swirling, muddy rivers and filled one-story homes to their ceilings. THE ASSOCIATED PRESS

More details emerge about Colorado shooting

Suspect James Holmes. University investigates whether position as a graduate student used to order booby trap materials

The suspect in the Colorado shooting rampage displayed behaviour that a gun range owner thought was "bizarre," but it is still unclear if anyone at the university where he studied had any hint of his

Police said James Holmes began buying guns at Denverarea stores nearly two months before Friday's shooting.

He also received at least 50 packages in four months at his home and the University of Colorado, Denver that authorities are investigating to see whether they contained materials for the potentially deadly booby traps that police found in his apartment.

At the same time, the quiet 24-year-old was in the final weeks of the first year

"It could be he was interested in that because he knows there's something different in him."

Mary Muscari, a criminology professor who studies mass killings, said she was not surprised Holmes was studying neurosci-ence and mental disorders.

of a rigorous Ph.D. neuroscience program, where he took a three-part final exam required for students to progress in the program and was scheduled to give a presentation on MicroRNA Biomarkers before abruptly leaving in June.

Holmes is being held without bond on suspicion of multiple counts of first-degree murder after a shooting rampage minutes into a premiere of the new Batman film The Dark Knight Rises in Aurora early Friday that left 12 people dead and 58 injured.

He is scheduled for an initial court hearing Monday and has been assigned a public defender.



Amid the continuing investigation of Holmes and his background, Sunday was a day for healing and remembrance in Aurora, with President Barack Obama arriving to visit with families of the victims.

The University of Colorado said it's investigating whether the mass shooting suspect used his position as a graduate student to order materials in the booby traps police found.

University spokeswoman Jacque Montgomery said Sunday the school is looking into those packages received at school. That details emerged with other information describing him as a budding scientist, brimming with potential. THE ASSOCIATED PRESS



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Paterno statue removed, NCAA to set sanctions



Penn State scandal.

University tears down monument to famed coach as school awaits word on punishment

The famed statue of Joe Paterno was taken down from outside the Penn State football stadium Sunday as the NCAA announced it would be issuing sanctions against the university whose top officials were accused in a scathing report of burying child sexabuse allegations against a now-convicted retired assistant.

Workers lifted the sevenfoot-tall statue off its base and used a forklift to move it into Beaver Stadium as 100 to 150 students watched, some chanting, "We are Penn State."

The university announced earlier Sunday that it was taking down the monument in the wake of an investigative report that found the late coach and three other top Penn State administrators concealed sex-abuse claims against Jerry Sandusky. Sandusky was convicted last month of 45 counts of sexual abuse of 10 boys.

Meanwhile, the NCAA said that it would levy "corrective and punitive measures" against Penn State over the Sandusky scandal.

The organization an

His family

Paterno's widow, Sue, and two of the Paternos' children visited the statue Friday as students and fans lined up to get their pictures taken.

 The statue, weighing more than 900 pounds, was built in 2001 in honour of Paterno's recordsetting 324th Division I coaching victory.

nounced Sunday that it would spell out the sanctions on Monday but disclosed no details.

NCAA President Mark Em-

mert hasn't ruled out the possibility of shutting down the Penn State football program in the wake of the scandal, adding that he had "never seen anything as egregious."

The Paterno family issued a statement only hours later saying the statue's removal "does not serve the victims of Jerry Sandusky's horrible crimes or help heal the Penn State community."

"We believe the only way to help the victims is to uncover the full truth," said the family, which vowed its own investigation following the release of the report by former FBI director Louis Freeh. The family called the report the equivalent of an indictment." THE ASSOCIATED PRESS

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metronews.ca metronews.ca Monday.luly 23, 2012

Poland. March in Warsaw marks 70th anniversary of first deportations

Members of Poland's Jewish community and other Poles have marked the 70th anniversary of the first deportations from the Warsaw ghetto in 1942 with a memorial march through the city.

Although Poland regularly marks major Holocaust anniversaries, like the liberation of Auschwitz and Warsaw Ghetto Uprising, there have never been major commemorations for the start of deportations to death camps on July 22, 1942.

Officials and the Polish media described Sunday's event as a first.

Participants gathered at Umschlagplatz, the site in Warsaw where Jews were loaded onto trains bound for Treblinka.

They then walked as a group to an orphanage named after Janusz Korczak, a Jewish educator who had a chance to escape the Holocaust but instead chose to die with the children under his care.

The event was organized by the Jewish Historical Institute in Warsaw, which wanted to pay homage to all those



who were transported from the Warsaw ghetto, while also focusing especially on Korczak and the suffering of children.

Pawel Spiewak, director of the institute, said he has seen a tendency to commemorate events in which people rose up bravely against Nazi German cruelty, but it's also important to remember those who could not defend themselves. THE ASSOCIATED PRESS



Norway pauses to commemorate 77 victims

Theodor Christopher Jaeger Lindhjem, 2, from Oslo, places a flower outside the cathedral in Norway's capital on Sunday. It was the first anniversary of a bombing and shooting rampage in Oslo and on Utoya Island. Norway paused Sunday to commemorate the 77 victims. The incident shocked the nation one year ago. It was a tragedy that the prime minister said brought Norwegians together in defense of democracy and tolerance.

Black Sea resort. Suicide attacker's identity not revealed after autopsies

Autopsies have provided officials with new information about the suicide bomber who killed five vacationing Israelis and a Bulgarian bus driver in the Black Sea resort town of Burgas, an official said Sunday.

But the identity of the at-

But the identity of the attacker appeared to remain unknown, and Bulgaria's government was continuing to investigate whether he had carried out the attack with the help of an accomplice.

Israel has blamed Wednesday's attack in Bulgaria, and other recent ones on Israeli citizens around the world, on Iran and its proxy groups, including the Lebanese militant group Hezbollah.

On Sunday TV, Israeli Prime Minister Netanyahu said, "We have unquestionable, full substantiated intelligence that this was done by Hezbollah and backed by Iran." THE ASSOCIATED PRESS





A message to all Sagewood Nursing Home employees

Nova Scotia's largest nursing home workers union — the Canadian Union of Public Employees — is holding an information meeting **Thursday, July 26 at 6:00 pm at the Sackville Sports Stadium** for all interested employees of Sagewood.

With more than 3,500 members in 42 nursing homes across the province, CUPE is the largest union in this sector by far. We have the experience and bargaining power to help Sagewood employees improve their working conditions and give them more control over their working lives.

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WHERE: Sackville Sports Stadium 409 Glendale Dr., Lower Sackville Classroom Lower Level

WHEN: Thursday, July 26, 6:00 pm

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Al-Qaida leader in Iraq promises return to region

Militants. Al-Baghdadi warns organization is preparing to step up attacks on U.S. and reclaim lost lands

The first online statement from the new leader of al-Qaida's affiliate in Iraq claims that the militant network is returning to the old strongholds from which it was driven by U.S. forces and their Sunni allies prior to the American withdrawal at the end of last year, and that it is preparing operations to free prisoners and assassinate court officials.

The audio identifies the speaker as Abu Bakr al-Baghdadi, who became head of the Islamic State of Iraq (ISI) in 2010. It was posted late Sat-urday on a website regularly used by the militant movement to make statements.

Al-Baghdadi also invited Muslims to come to Iraq to join his movement and warned the United States that it would soon see militant



The site of a joint U.S-Iraqi raid on a safe h al-Baghdadi and Abu Ayyub al-Masri.

attacks on its territory, although it is unclear whether he was referring to attacks by his Iraqi network or by other al-Qaida affiliates. The statement comes as

Sunni insurgents, now believed to be dominated by the ISI, step up attacks against Shiites, government officials and other targets, in what is seen as a bit to undercut the authority of Iraq's state and revive sectarian conflict in the wake of the pull-out of the last American forces in the country in December.

There is little indication yet however that the largescale fighting between sectarian groups that wracked the country in 2006 and 2007 will return, nor does al-Qaida appear to have restored the domination it once had over many Sunni communities in that period.

THE ASSOCIATED PRESS



Friendly faces under fire

Girls attend a demonstration in Kfarnebel, Idlib province, northern Syria. Arabic writing on their foreheads, from top left to bottom right reads, "Latakia, greetings, freedom Homs, Syrian blood, down, Midan neighbourhood." A new rebel alliance said Sunday it had launched an offensive to "liberate" Syria's largest city, Aleppo, while government troops backed by helicopter gunships wrested back control of rebel-held neighbourhoods in the capital Damascus. EDLIB NEWS NETWORK/THE ASSOCIATED PRESS

West Bank

Israel tries to delay evacuation

Israel's government has asked the country's Supreme Court to delay the evacuation of a West Bank settlement by a month. No decision was announced THE ASSOCIATED PRESS

Push for statehood get key backing

The Arab League on Sunday backed a Palestinian plan to ask the UN General Assembly to recognize a state of Palestine, but stopped short of setting a date for the bid, Palestinian officials said.

Instead, Arab League representatives meeting in Doha asked a committee to prepare the UN appeal and report back on Sept. 5, said Saeb Erekat, an aide to Pales-tinian President Mahmoud Abbas said. Timing is crucial, with a UN bid before November potentially disrupting the U.S. presidential race. THE ASSOCIATED PRESS







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metre 10 NEWS metronews.ca Monday, July 23, 2012

Fatal accident

Toddler run over at P.E.I. racetrack

A three-year-old boy is dead after being hit by a pickup truck on Prince Edward Island. The boy was riding a small bike from the waiting area to the track area of the Oyster Bed Raceway near Charlottetown when he was hit on Sunday after-

noon

A 28-year-old driver from Nova Scotia was heading toward the track area in a pickup truck and didn't see the child. The boy was taken to the hospital where he was pronounced dead.

Police say the driver and the child were known to each other, but no names are being released pending family notification.

THE CANADIAN PRESS

Missing persons

New database needs DNA, families say

A national database to help identify missing persons and unidentified remains is more than a year away, but families and experts say that DNA is the missing piece of the puzzle that the initiative needs.

A new index called the National Centre for Missing Persons and Unidentified Remains would store descriptive information on these cases and allow for them to be compared nationally for the first time when it launches in late 2013, but it won't include DNA.

THE CANADIAN PRESS

Fossil protection

Paleontologists fight site vandalism

After a Hadrosaur fossil discovered in northwestern Alberta on June 15 was found smashed to pieces, paleontologists are thinking twice about security at fossil sites. RCMP say they are

investigating the Hadrosaur vandalism, but have no sus-



pects vet. The CANADIAN PRESS

Premiers seek consensus on key issues

Council of the

Federation. Provincial leaders to tackle disputed health-care payments and national energy strategy at this week's meeting

Canada's premiers will try to forge a common front when they meet this week to discuss a range of contentious issues, including health care, energy and the economy, while pushing back against a federal government some of them say has shut the door on talks.

Nova Scotia Premier Darrell Dexter, the host of the Council of the Federation gathering, said he and his colleagues will tackle everything from crafting a position on disputed health transfers to the development of a pan-Canadian energy plan.

But he added that much of the talk between the provincial and territorial leaders will be tinged by frustrations over

Quoted

"There is a fair amount of consternation about ... engagement between the federal government and the provinces."

Nova Scotia Premier Darrell Dexter

their increasingly distant relationship with the prime minister, who last met with them three years ago.

That consternation centres on a series of federal decisions the provinces contend were made with little to no consulation. But experts say the premiers may be overly optimistic going into this week's meeting.

"It is far from obvious that the premiers can or should even try to make common cause on issues that affect their economies differently, like EI or energy," says Harvey Lazar of the Institute of Intergovernmental Relations. "It is not their task to be the national government." THE CANADIAN PRESS



Charest's future hangs in the balance

Effigies are hung in protest in Montreal on Sunday during a mass demonstration against the Quebec Liberal government's policies, including university fee hikes and Bill 78. Thousands of students and their supporters took to the streets to denounce the province's tuition increases, sending a message that they will be ready for a fight if Premier Jean Charest decides to call an election. Protests against Quebec's Liberal government have eased during the summer months, but student groups said yesterday's strong turnout during the height of the summer holidays was proof the movement hasn't died out. The crowd, an enthusiastic mix of students, families and seniors, made its way through the city's downtown on a hot and humid afternoon.

Happy ending. Bullied bus monitor thanks public for donation drive

An American school-bus monitor who was verbally abused and tormented by students is now mulling over what to do with her embarrassment of riches.

A video showing Karen Klein, 68, being tormented and insulted on the bus ended up online and caught the eye of Max Sidirov of Toronto. He launched a fundraising drive on Indiegogo.com to pay for a holiday.

Sidirov, 25, set the initial fundraising target for \$5,000 dollars, but donors kicked in \$703.873 by the time his campaign wrapped up Friday night.

Klein must now decide what she'll do with the money. Klein has a granddaughter who has Down syndrome and a grandBy the numbers

\$703,873

Amount raised in an online fundraising drive set up by Max Sidirov of Toronto to help send bullied bus driver Karen Klein on vacation.

son with autism, and has some organizations that work with special-needs children in mind.

Klein said she would like to be able to thank everyone personally for their support, but with numbers climbing into the thousands it's just not possible.

"Hopefully everybody out there knows how much I appreciate everything," she said. THE ASSOCIATED PRESS

Body-parts case. Jun Lin's mother pays tribute at memorial service

The parents of Jun Lin took part in an emotional public memorial on Saturday as Montreal's Chinese community gathered to remember the student two months after he was brutally killed.

Lin's mother, Zhigui Du, gave a heart-wrenching address at a Montreal church that brought many in the pews to tears. At times, she showed remarkable resolve standing at the pulpit, and other times weeped uncontrollably as she pecalled ber only con-

recalled her only son.

"When a child dies, a parent's heart dies, too," Du said in Mandarin, and an interpreter translated into French. "He is gone. He was taken so fast."

Lin, a 33-year-old Chinese national studying in Montreal,



was killed and dismembered two months ago in a gruesome case that shocked people around the world. Luka Rocco Magnotta has pleaded not guilty to several charges in connection with Lin's death.

THE CANADIAN PRESS

Seeking a voice. Native women's representation in politics on the rise

They did it without quotas, action plans or affirmative action

Half of the eight candidates in the recent election for national chief of the Assembly of First Nations were women — a novelty not just for the native organization but for Canadian politics in general.

The secret to such high female participation is two-fold, says Michele Audette, president of the Quebec Native Women's Association.

It lies in politics at the local level, where women on reserves have been taking the reins more and more often, she says.

And it lies in an inclusive approach to men, making them realize that their own



health and welfare improve along with the empowerment of women, Audette said in an interview as the AFN elections wrapped up.

"We do not push the men away," she said.

THE CANADIAN PRESS

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Few celebrate 3-year anniversary marking end of Great Recession

Global recovery. Three years on and trillions spent, economies still fragile in U.S. and Europe, while Canada's progress is deceiving

Few are noting the occasion, but about now Canada and the rest of the world should be celebrating the third anniversary marking the end of the Great Recession.

It was in the third quarter of 2009 — the July-September months — that Canada and many other major advanced nations began to breathe a little easier in the knowledge they had peered into the economic abyss and somehow survived.

Yet there are no signs of rejoicing, or even relief.

At separate stock-taking events last week, U.S. Federal Reserve chairman Ben Bernanke, Bank of Canada governor Mark Carney and the International Monetary Fund each had different versions of the same message — the

Aiming for average

On a per-capita basis, Canadians are still not back to where they were before the 2008-09 crisis.

 Per-capita GDP in inflation-adjusted dollars peaked at \$40,015.79 in the fourth quarter of 2007, and had only returned to \$39,648.11 in the first quarter this year.

global economy still hangs by a thread, growth is painfully slow and full employment is years away.

Europe is suffering through a Japan-style lost decade.

Canadians have been told repeatedly they have done better than most, and the message has become the reality.

France's L'Express magazine last week declared Canada "number 1" in a cover story, encouraging readers to pack up and head to the promised land.

The reality is a little more

nuanced, though Canada looks awfully good next to much of Europe, which is now expected to be in recession the rest of the

But even in Canada, things might have turned out better.

The first full year of recovery saw the output expand by an acceptable 3.2 per cent, but slow to 2.4 per cent in 2011.

Depending on the forecast, it will likely slow further to between 1.5 and 2.1 per cent this year. And that's gross domestic product, which includes population growth of about 1.2 per cent a year.

Take away the fact there are more people in the country producing and spending, and the picture looks very different. But as Carney said last week,

But as Carney said last week, this was not a normal recession and anyone expecting a typical bounce-back would have been fooling themselves. Even so, the recovery has been softer than might have been hoped for.

for.

"The broad brush of the difficulties of the aftermath of a major financial crisis — yes, we would have seen it," he said.

THE CANADIAN PRESS



Murdoch retreats

Media mogul Rupert Murdoch, pictured entering the News Corp. building in New York last year, has resigned as a director of a number of News Corp. subsidiary boards in Britain and the United States, a spokeswoman confirmed Saturday. The announcement suggests that Murdoch may be distancing himself from his British newspaper interests, which have been shaken to the core by a widespread phonehacking scandal. LOUIS LANZANO/THE ASSOCIATED PRESS FILE

Technology

Lab working on security shoe

A new lab at Carnegie Mellon University is working on shoe insoles that monitor access to high-security areas, like nuclear power plants.

plants.

The idea is based on research showing that people have unique feet and ways of walking. Sensors in the footpad collect data and check the patterns. One expert says the technology could raise privacy questions. Attorney Lee Tien with the Electronic Frontier Foundation says it's a potential tracking device.

Beyond coffee

Starbucks juiced with Evolution

Starbucks on Friday announced the opening of three more Evolution Fresh Inc. juice stores, in addition to the one it opened earlier this year.

The Seattle-based company is also expanding distribution of ready-to-drink bottles of Evolution juice in stores to capitalize on the rapidly growing market for premium juices. THE ASSOCIATED PRESS



Canadian TV viewers to get packaging flexibility

Canadian viewers frustrated with paying for television channels they don't want can expect more flexible packages in light of a new ruling by broadcast regulators.

The Canadian Radio-television and Telecommunications Commission has ruled in favour of proposals made by Bell Media and Telus Corp. to adopt a more flexible TVpackage model.

"In this decision, one of our main criteria was flexibility and innovation in the packaging," said Denis Carmel, a spokesman for the CRTC. Carmel said that while individual channels may cost more under the new model, consumers' bills may go down because they will be paying for fewer

channels.

The CRTC could not provide details about the terms

of the agreement, which is confidential.

The ruling reflects a marketplace that is moving towards more flexible packaging, where consumers only have to pay for what they want, said Carmel.

Kevin Crull, president of

Bell Media, called the decision a victory for consumers.

"The CRTC has sent a very clear signal that it supports carriage arrangements that will deliver more packaging flexibility to consumers," said

THE CANADIAN PRESS



metronews.ca Monday, July 23, 2012 **VOICES**

LET'S REVISIT BOX-OFFICE DEAL FOR FAIR SHARE



What are we to make of the latest tongue-clucking, finger-pointing, eye-rolling, so's-your-old-lady response to last week's auditor general's report on the ongoing, never-ending screwups at the

intersection of Halifax Regional Municipality, Metro Centre and Trade Centre Ltd.?

Following up on last year's cash-for-concerts scandal — let's not revisit that — HRM auditor general Larry Munroe discovered a murky, virtually undocumented 2006 deal in which the provincially operated Trade Centre hijacked Metro Centre's box-office

Previously, Metro Centre had contracted TCL to handle its ticket sales for a management fee. Under the new deal - never signed off on by HRM council — TCL handled almost all Metro signed off on by HKM COUNCI — FOR HARRIES CHAPTER TICKET.

Centre ticket sales and handed HRM 40 cents per ticket.

Munroe says the box-office

switcheroo cost the city hundreds of thousands of dollars. iditor General's report

The ink was barely dry on his report when the don't-blame

Fred MacGillvray, who was TCL's boss at the time, claimed he was above it all, fingering for any fault his then-underling and

thousands of dollars." now-successor Scott Ferguson

"Munroe says the box-

office switcheroo cost

the city hundreds of

Ferguson told Metro reporter Alex Boutilier the changes were "signed off by both the municipality and both by our board," but, when pressed, had to admit that "I'm recognizing, Alex, that there was not a specific agreement signed with HRM and Trade

Darrell Dexter — who wasn't even premier at the time — jumped into the fray to blame the city. "That's their problem," he

d. "They allowed that position to develop." Mayor Peter Kelly, who was one of three council representatives on the board — how many HRM councillors does it take to screw things up? However many there are — claims he doesn't recall "any discussion ... that HRM had agreed to transfer the asset to Trade Centre Ltd."

Fellow board member and councillor Russell Walker, however remembers voting on the deal. But neither he nor any of the HRM representatives thought it important enough to inform council. And so it goes.

First things first. Let's reopen the contract that never was and negotiate a better, fairer deal, so the city can, in Munroe's words, "share in the upside."

Second, let's elect a city council that actually pays attention for

Beach volleyball

London weather threatens itsy-bitsy bikinis

Two piece or not two piece: That is the question.

Chilly weather and even-ing matches at the London Olympics may force a cover up in beach volleyball — from bikinis to long johns.

"We need it to keep our muscles warm," Australian competitor Tamsin Hinchley said Sunday. "It's an extremely strenuous sport."

Yes, but let's get real. Long sleeves and leggings aren't exactly the main draw for lots of beach volleyball fans.

Asked if she thought it would be a turnoff for some fans, Hinchley

said no, she thought the atmosphere would still be rocking at Horse Guards

"The regulations are that it's tight fitting, so if that's what you're there for, whatever."

And the gear has already been a common — even if not entirely popular sight on the world beach volleyball tour this year. It's now part of the uniform, Hinchley said.

"Obviously we're that sport, we're the sport that wears the bikinis and we're the sport that's physic-ally out there," she said. "But we're jumping and running and sliding on the sand. We'll be using (cold-weather gear) to benefit us physically. We'll definitely be taking it."

THE ASSOCIATED PRESS

The running of the brides



On your mark ...

It's as if they are racing to the altar

Brides prepare for a race in central Belgrade,

Serbia, on Sunday. The winner and two runners-up of the Bridal Race, organized by a local magazine, receive numerous awards and the wedding gown they chose

THE ASSOCIATED PRESS



Bride wars

About 50 women took part in the event, which was a 150-metre sprint

Just run with it

Just as Spain has the Running of the Bulls, Serbia has the running of the brides every year.



How often do you eat out for lunch? 50

The walk of shames in #Halifax this weekend have been decidedly more "Piratey". Thanks #Tall-ShipsNS #Halifax

at the waterfront with a point and shoot camera... #tallships

@naelcamylime: Dartmouth is Kraft Dinner and Halifax is a six course meal.

@tadmcilwraith:

A cougar ran across the highway in front of us. We were about 20 minutes west of Halifax in 103.

@teewilliger:

Enjoy your boring old boats #halifax, I'm heading to the beach. Perfect beach weather to

watching a movie in the back of a van on our way downtown #halifax #nowthisisliving #lovinglife

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SCENE

Scene in brief

Studios silent on box office brags

Cash registers have been ringing at theatres worldwide this weekend as millions shell out for the finale to Christopher Nolan's epic Batman trilogy. But the shootings that left 12 dead and 58 wounded at a Dark Knight Rises screening in Colorado on Friday have silenced the usual box-office crowing by studios. Warner, the studio behind the Batman flicks, decided to hold off on releasing debut numbers for The Dark Knight Rises this weekend out of respect to the shooting victims and their families. Other studios followed suit, saying that like Warner, they would not issue their usual Sunday estimates.

On the web



PBS gives Downton Abbey season 3 sneak peek 16 SCENE metronews.ca Monday, July 232, 2012

The 20-year itch

Unwilling to start collecting dust in the seat crack of pop music, a spate of bands whose heydays are a couple decades in the rear view are back with a vengeance. Hollaback No Doubt, Garbage, Cranberries, and I Mother Earth, and, not to be left out of the fold, The Backstreet Boys, are once again back in the spotlight.

MIKE DOJC



Backstreet Boys

Heyday: 1996-2000

Kevin, AJ, Brian, Howie, and Nick are back alright...but are they still everything you need? While the aging heart-throbs released a pair of albums in Kevin's absence, '07s Unbreakable and '09s This is Us, the band's core audience has been inconsolable since e oft-goateed member left. The reunion kicks off August 31 with a free concert in Central Park. A new album and a fullscale tour set for spring of next year is also in the works. Fans who can't wait that long to get their fix of returning singer Kevin Richardson can hunt down a pair of indie flicks he starred in this year: The Casserole Club, a wife-swapping drama set in the 1960s, and The Bloody Indulgent, a vampire musical

Signature Songs: I Want it That Way, Show me the Meaning, As Long as You Love Me



The Cranberries

Heyday: 1993-1999

This Limerick-Ireland-based quartet hadn't released a studio album since 2001, and fans were missing their lush and lilting brand of poignant sonic dreamscapes. Seamlessly alternat-ing between sweet "di, dodo doo" lullabies and more attitudinally tart fare, the Cranberries are at their best when they temper their melodic sweetness with notes of sour anguish. The band sticks to their knitting on 2012's Roses, re-teaming with their original producer Stephen Street to recapture their magic. During their downtime, singer Dolores O'Riordan dropped a pair of solo albums and lead guitarist Noel Hogan delved into electronica starting up Monoband, which spun into the side project's current incarnation, Arkitekt. Since reconvening, the Cranberries have been busy busting out tunes on the road and will be on a European swing this coming fall with stops from Bucharest to Barcelona and many points between.

Signature Songs: Dreams, Linger, Zombie



Garbage

Heyday: 1995-2001

With a name that gives a wry wink at the disposable nature of pop music, Gar-bage, assembled by Butch Vig (the super producer behind Nirvana's Nevermind), and a couple of his rock-vet pals, was originally a side project. Tapping Angelfish singer Shirley Manson to front the band made them one of the decade's steami-est acts. After seven years of hibernation following the underrated Bleed Like Me, Garbage returned with the nostalgia-mining Not Your Kind of People. Garbage's new material recycles the post-Grunge underpin-nings of their self-titled debut and melds it with the spit-shined polish of their sophomore release Version 2.0 to create a vital new sound. During their self imposed exile, Manson stole scenes as a chilly yet sexy liquid metal Terminator in FOX's The Sarah Connor Chronicles while Vig earned himself a Grammy.

Signature Songs: Only Happy When It Rains, Stupid Girl, I Think I'm Paranoid



I Mother Earth

Heyday: 1993-1999

After an eight-year layoff since disbanding in the aftermath of 2003's The Quicksilver Meat Dream, IME was resurrected when they took the stage at Toronto's Sound Academy this past March for a pair of sold out shows. Bryan Byrnes, who took over from Edwin on 1999's Blue Green Orange, is back behind the mic and the Tanna brothers Christian and Jagori unleashing the band's beefy sonic onslaught on drums and guitar while Bruce Gordon checks back in on bass. The new single We Got the Love is a hard rocking, high-wattage pick-me-up that stands up hits and longtime fans are lapping it up. With fellow mid-90s Canadian alt-rock radio regulars Treble Charger and Tea Party also recently getting their acts back together we smell a formidable triple bill in the near future.

Signature Songs: Levitate, One More Astronaut, Another Sunday



No Doubt

Heyday: 1992-2001

Ska-revivalists No Doubt rocked steady throughout the 1990s but haven't jammed on new material in over a decade. Settle Down, the first single of their upcoming album Push and Shove, is a bouncy tour de force produced by Diplo (Beyoncé, M.I.A) charged by waves of Caribbean dancehall and frontwoman Gwen Stefani's infectiously perky pop-vocals. Since they've been gone the platinum blonde singer has released a pair of well-received solo albums, started a couple of fashion labels in L.A.M.B. and Harajuku Lovers, and gave birth to her two sons Kingston and Zuma. Bottle blonde bassist Tony Kanal also kept busy producing and laying down tracks with the likes of Pink and Weezer.

Signature Songs: Just a Girl, Don't Speak, Hey Baby



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Mariah Carey eyes judges role on Idol

With Mariah Carey rumored to be close to signing on as a new judge for American Idol, the last remaining judge for the reality singing competition wants to make it clear that

he isn't going anywhere. While serving as guest host on The View last week, Randy Jackson announced that he is not leaving American Idol, despite speculation he might be following Jennifer Lopez and Steven Tyler, who recently left the show.

"Steven and Jennifer

are truly two of the most talented and consummate professionals I've worked with," Jackson recently told Gossip Cop about his coworkers' departure. "I was friends with them before we hopped on this crazy journey together and I have no doubt our friendships will continue long after. lackson's statement still leaves open the possibility that he'll move from the judges' table to a mentorship role on the show, leading to a completely new panel of judges.



Katie Holmes making return to Broadway

Katie Holmes is wasting no time getting back to work after he divorce drama with Tom Cruise - starting with a return to Broadway.

Holmes is slated to star in Smash creator Theresa Rebeck's new play, Dead

Accounts, according to Us Weekly.

The play will open this fall at New York's Music Box Theatre.

Holmes previously ap-peared on Broadway in All My Sons in 2008.

METRO DISH



Group going Gaga over her gayways

WORD

Pop stars can't catch a break today from the craz-

The Florida Family Association is blaming Lady Gaga's hit single Born This Way and the singer's charitable foundation of the same name for encouraging teens to feel like worthwhile humans.

"Born This Way sends an irresponsible message to many teens who would have eventually chose to be straight," says the organization's website. "Thousands of kids who might have otherwise worked through their pubescent sexual identity issues (to) be inspired to accept the wrong choice based upon (her) unscientific, emotionally charged propaganda,"

The group is also encouraging followers to boycott retail chain Office Depot for donating \$1 million to the Born This Way foundation.

No, guys — just no. Although we do worry she sends an irresponsible message to the many teens who would have eventually chose not to wear a dress made from decapitated Muppets.



Usher struggles with stepson's death

R&B singer Usher is mourning the death of his 11-year-old stepson, Kyle Glover, who succumbed to injuries suffered in a jet ski accident earlier this month, according to TMZ. Glover was riding on an

inner tube being towed by a motor boat when a family friend's iet ski collided with him on Lake Lanier, Atlanta, Ga.

The boy was hospitalized and declared brain dead shortly after.





I NEED HELP FROM A TECHY! i just deleted a really important work email from my trash how can i get it back?



@victoriabeckham

London is AMAZING!!! so beautiful!!!! love being home, on a boat trip with the kids!!!



@reiectediokes

Just filled out a Mad Lib with Justin Beiber. He put SWAG in for everything. Noun, verb, pronoun... everything. SWAG.



Athletes at the Olympics are being issued 15 condoms each. Or as the men's table tennis players put it, "14 condoms too many."



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5

Health

LHEE

Whooping cough rising

The U.S. appears to be headed for its worst year for whooping cough in more than five decades, with the number of cases rising at an epidemic rate that experts say may reflect a problem with the effectiveness of the vaccine.

Nearly 18,000 cases have been reported so far more than twice the number seen at this point last year, the Centers for Disease Control and Prevention said Thursday. At this pace, the number for the entire year will be the highest since 1959, when 40,000 illnesses were reported.

Nine children have died, and health officials called on adults — especially pregnant women and those who spend time around children — to get a booster shot as soon as possible.

Whooping cough has generally been increasing for years, but this year's spike is startling. Health investigators are trying to figure out what's going on, and theories include better detection and reporting of cases, some sort of evolution in the bacteria that cause the illness, or shortcomings in the vaccine.

On the Web



Watch out, Tim Hortons: Canadians getting hooked on single-serve coffee machines

Her husband donated sperm

Families. ...to a lesbian couple, and that's fine by her, says one mom

KOA BECK

Alana's husband had never donated sperm before. Although the mother of three had contemplated egg donation from time-to-time, her husband had never considered the opportunity to help a family in need, both before their marriage and after.

But when the couple's friends Jennie and Susan watched yet another sperm donor fall through, Alana and her husband decided to present them with an offer.

Two years ago after Alana welcomed her third child, Jennie and Susan were approaching the year mark of a struggle to get pregnant. Many legal barriers prevented the aspiring mommies from even getting married, let alone becoming parents — a predicament that deeply touched both Alana and her husband.

Alana and her husband.

After consulting a lawyer on waiving all parental rights, the couple approached Jennie and Susan with the chance to use "their" sperm

use "their" sperm.
"They were surprised and grateful because the area where we lived is very conservative and most of our mutual friends were either neutral to their struggle or privately against it," Alana remembers.

The ladies didn't just hop at any sperm sample though.

Quoted

"An anonymous sperm donor had never appealed to the couple and the idea of reaching out to friends with similar values greatly interested them."

One lesbian couple accepts a sperm do Only after some questioning about her husband's health and family medical history — which included no major genetic diseases — did the two mommies green light the idea. An anonymous sperm donor had never appealed to the couple and the idea of reaching out to friends who shared similar values greatly interested them. A sparkling family medical history and Alana's three healthy children ultimately had the two women consenting to expand their family

with her husband's sperm.

She describes Jennie and her partner as being "very open" to both Alana and her family having limited involvement with the hypothetical child, hashing out potential visits and the routine sending of photos

of photos.

The "crunchy, natural lifestyle" ladies were adamant about attempting a more "organic" method for conception before going the IVF route. Upon removing heterosexual sex from the table, the soonto-be mommies decided on athome insemination and asked Alana's husband to deposit a sperm sample in a sterile cup at their home. Within the next hour, the couple used a sterile medical syringe, similar to what is used with infants, inside Susan. Although the couple was prepared to go through five rounds of athome insemination before trying more conventional approaches, the mothers conceived on their second round a rarity for their preferred

method. Susan and Jennie eventually welcomed a baby girl.

"Jennie and Susan are two of the most loving, awesome people we have ever met and if anyone deserved to be mothers it was them. My husband and I both feel honoured and touched that we could be a part of helping them realize their dream of being parents," Alana tells Mommyish. "But in the end they are her mommies and my husband and I are just family friends."



First peanuts, now eggs

Doctors have reversed allergies in some children and teens by giving them tiny daily doses of problem foods, gradually training their immune systems to accept them. In the best test of this yet,

In the best test of this yet, about a dozen kids were able to overcome allergies to eggs, one of the most ubiquitous foods, lurking in everything from pasta and veggie burgers to mayonnaise and even marshmallows. Some of the same doctors used a similar approach on several kids with peanut allergies a few years ago.

Don't try this yourself, though. It takes special products, a year or more and close supervision because severe reactions remain a risk, say doctors involved in the study, published in Thursday's New England Journal of Medicine.

"This experimental therapy can safely be done only by properly trained physicians," says a statement from Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, the federal agency that sponsored the study.

It didn't work for everyone, and some dropped out of the study because of allergic reactions. But the results "really do show there is promise for future treatment" and should be tested now in a wider group of kids, said the study's leader, Dr. A. Wesley Burks, pediatrics chief at the University of North Carolina, Chapel Hill.

Training a child's immune system to tolerate even small amounts of egg to prevent a major reaction was the study's goal. It enrolled 55 children ages five to 18. Forty were given



tiny daily amounts of powdered egg white, the part that usually causes the allergy. The other 15 were given a dummy treatment for comparison. The amounts were increased every two weeks until kids in the treatment group were eating about one third of an egg each day. THE ASSOCIATED PRESS FOOD/WORK/EDUCATION

Go wild for Wild Mushroom Risotto sans all the calories





I love risottos but the restaurant versions are loaded with butter, cream or cheese. This risotto is easy to make and has little fat and few calories by comparison (4.9 g of fat and 196 calories per

For a more elegant risotto, try using truffle oil.

1. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and garlic, and sauté 5

mins, or until onions are just tender and lightly browned. Add the mushrooms and sauté for about 8 minutes or until the mushrooms are no longer wet.

2. Add arborio rice and sauté 1 minute. Add 1 cup of the stock and simmer until the stock has just been absorbed. Con-

- 2 tsp vegetable oil
- 1 cup finely chopped onion
- 2 tsp finely chopped garlic • 4 cups chopped wild mushrooms (try oyster, shiitake and/ or portobello)
- 1 cup arborio rice
- 3 1/2 cups vegetable stock
- 1 cup chopped asparagus (cut into 1-inch pieces)
- 1/3 cup grated Parmesan
- pinch of salt and pepper
- 1/4 cup chopped fresh basil

tinue adding 1/2 cup stock at a time, stirring until absorbed; repeat until all the stock has been used (about 20 minutes in total). Add the chopped asparagus with the last 2 cups of stock and cook until the asparagus is tender-crisp, about 3 minutes, and the liquid is absorbed.

3. Add all but 2 tbsp of the grated Parmesan cheese, the salt and pepper and mix well. Garnish with the remaining Parmesan and the basil. Serve Warm ROSE REISMAN'S FAMILY FAVOR ITES (WHITECAP BOOKS)

Choose it and lose it



We all have an inner kid and that kid most likely loves chocolate. Be careful because your sweet tooth may cost you.

Glosette Almonds (85 gms)

460 calories/ 34 gm fat/ 30 g sugar

A handful of these chocolatecovered almonds contains one third of your daily calories and half your daily fat. It's also tough to stop at one handful.



Equivalent

One 85-gram box of Glosette Almonds is equal in fat to six strawberry sundaes from

Juinor Mints (85 qms)

340 calories/ 8.5 gm fat/ 68 g sugar

Chocolate-covered mints contain less calories and fat but more sugar



Former cop writes his way to recovery

Success in sobriety.

Gary Rubie has penned a book to help those out there in pain



THE IN-CREDIBILITY

police officer with years of service, Gary

Rubie dealt with suicides, assaults, homicides, armed robberies and the murders of 15 police officers. The work-related trauma took its toll and Rubie started to experience nightmares and overwhelming depression. He ended up addicted to alcohol and pain killers. Gary was diagnosed with

post-traumatic stress disorder and got help.

He started to write about his experiences and was eventually encouraged to put his stories and poems into a book called Out On

"I want to stop one person from committing sui-

For the person suffering from crippling depression I want them to know there is a light at the end of the tunnel. If one person is about to pick up a drink or use drugs there is another way out. You don't have to destroy your mind and body

For 25 years, Rubie put

his life on the line everyday as a police officer. Today, he has a new career. He's giv-

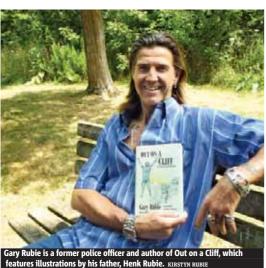
ing people hope.

"It's a miracle I'm alive today. I should have been dead 20 times over. From now on I plan to give back and help others.

CORRECTION: LAST WEEK'S IN-CRED-IBILITY COLUMN FEATURED SINGER MEREDITH SHAW, WHOSE GIRL WHO BELIEVES CONTEST WAS LISTED AS BEING OPEN TO GIRLS 11-17. THE CON-TEST IS, IN FACT, OPEN TO FEMALE AP-PLICANTS 11 YEARS OLD AND UP.

Thoughts on recovery

- · Surrender and be completely honest
- Turn your will and your power over to some . thing greater than you
- · Live one day at a time
- Be kind and gentle with yourself.







SPORTS

"My inclusion in the Hall of Fame is the ultimate validation. I want to thank you all for helping me along the way."

Former Cincinnati Reds star Former Cincinnati Reds star Barry Larkin, who was inducted into the National Baseball Hall of Fame and Museum on Sunday in Cooperstown, NY. Larkin, who played his entire 19-year career with the Reds, retired after the 2004 season with a 295 career batting average, 2,340 hits, 1,329 runs scored and 379 stolen bases. The late Ron Santo, star third baseman for the Chicago Cubs and later a broadcaster for the team, was also inducted on Sunday. also inducted on Sunday.

"This is not a sad day. This is a great day. I'm certain that Ronnie is celebrating right now."

Ron Santo's widow, Vicki

Mobile sports



LeBron James finally got his championship and Kevin Durant might be the NBA's brightest young star. But entering the twilight of his the twinght of his illustrious career, Kobe Bryant is the most sought-after personality when the U.S. Olympic basketball team heads overseas. Scan the code for the story.



Not even a second to spare in Superbike Championship

Jordan Szoke (101) leads Jodi Christie (20) and Frank Trombino (31) on his way to victory in the Canadian National Superbike Championship race Sunday at Atlantic Motorsport Park near Shubenacadie. Szoke ended up passing Christie on the final lap to take the checkered flag by .230 seconds. ROR O'RRIEN/PROCYCLEONLINE COM

Flemming saves his best for last in winning IWK 250

NASCAR. Sprint Cup star Joey Logano makes it to the podium

Starting seventh in the 28-car field, John Flemming of Halifax bided his time, sneaking to the front of the pack midway through the race and held on to win the IWK 250 on Saturday night.

In front of a full house at Riverside International Speedway in Antigonish, Flemming worked his way to sixth on Lap 12, and by Lap 30 he was up to fourth.

It wasn't until Lap 96 that

mark when drivthe ers have a 15-minute break. he was still the leader. A1though that was the case, it wasn't easy

to hold on to. Flemming would have to battle with NASCAR Sprint Cup driver Joey Logano for the lead in the second half of

Logano took the lead on Lap 127 and held it until Lap

he took the lead, and at the halfway 152 when Flemming regained car to victory lane at the IWK 250 Satur

> three cautions to finish the race in first.
> "I saved my stuff early and

the top spot. From that

point in the

race onward,

Flemming

would not

relinquish

the lead, bat-

tling through

restarts on

From

wasn't great on the restarts early because I didn't want to burn it up, but as the race went on the car got better and better," Flemming said. "As the temperature went down, this thing got awesome.'

Last year at the IWK 250, Flemming led 227 laps but was unable to hold on for the victory, so winning the race this season was something special for him.

"We can put last year behind us now and I'm really excited and I think some good things are going to start happening real soon.

Finishing in second was Jonathan Hicken from Saint John, N.B., with Logano placed third. Enfield's Shawn Turple was seventh, while Craigh Slaunwhite of Halifax placed ninth, TC MEDIA

Tour de France

Wiggins blazes trail for British cycling

Twenty-three years ago, Bradley Wiggins marvelled as Greg LeMond blazed a trail as America's first Tour de France winner. Now, he has blazed his own.

The 32-year-old from gritty northwest London became Britain's first winner of cycling's greatest race on Sunday, ending a 75-year drought for his country with an imperial conquest of the roads in France

Wiggins had locked up the yellow jersey a day earlier by winning the final time-trial and Sunday's ride onto the Champs-Élysées was largely ceremonial for

THE ASSOCIATED PRESS

Motor racing

Castroneves gets breakthrough in Edmonton

After four years of frustration, Helio Castroneves finally broke through Sunday and won the Edmonton Indy.

The Brazilian racer beat frontrunner Alex Tagliani out of the final pit stop, took the lead and held off Japan's Takuma Sato by less than a second for the checkered flag at the City Centre Airport.

Will Power, Castroneves' Penske teammate, was third, 5.4 seconds

off the pace. For Castroneves, it was a big weight off his shoulders in the Alberta capital.

He had finished second three times in the last four races in Edmonton. In 2010 he took the checkered flag only to be stripped of the win for blocking Power.

"It's my second win here — but today it counts," said the 37-yearold from Sao Paulo.

THE CANADIAN PRESS



Logano has a 'blast' at race

Joey Logano was brought in by Riverside as the NASCAR driver for the IWK 250 this season and said it was a great experience to be involved in the race and to be able to visit the kids at the IWK Health Centre in

"I had a blast and I'd do it again in a heartbeat," he said.
"I had a lot of fun and enjoyed everything surrounding the track and being involved with the IWK."

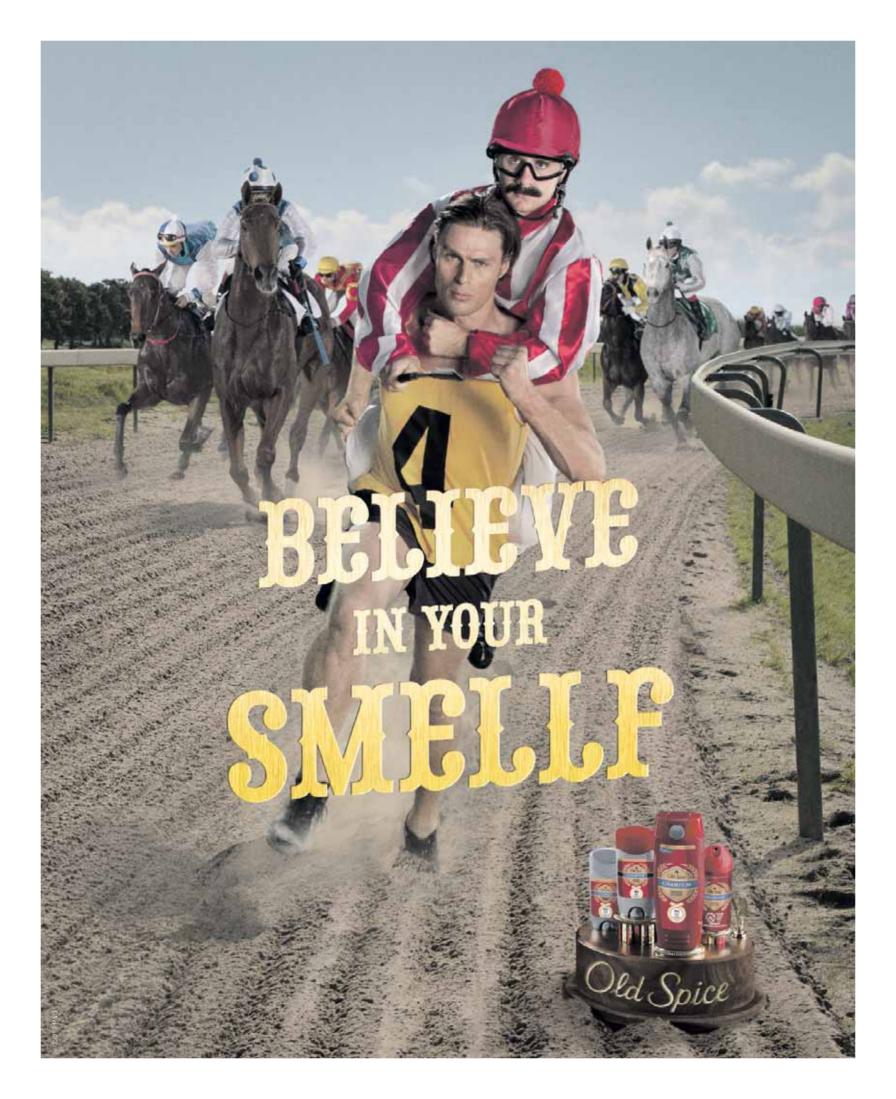
Post-race he was all business. "Tonight our number-12 car just wasn't good enough," he said. "I can go on restarts and I can use my experience to make things happen and keep myself up there in the

running and get up into the

"Once I got up there I could hang there for a few laps before starting to get loose. I think we over-adjusted at the halfway break and got loose and just couldn't hang onto

He said he was hoping for one more caution to make one more push for the lead.





metre 22 SPORTS metronews.ca Monday.luly 23, 2012

Easy does it: Els takes Open title

Golf. Australia's Scott implodes on final four holes while Els plays perfect back nine

Ernie Els felt something special could happen at the British Open, and it did.

All because of a collapse by Adam Scott that no one foresaw.

Four shots ahead with four holes to play — after eight straight holes with nothing worse than par — Scott bogeyed them all and had to fight back tears on the 18th green Sunday as the magnitude of his meltdown began to sink in.

Els, nicknamed "Big Easy" for his relaxed style, started the final round six shots behind, but finished off a flawless back nine with a 15-foot birdie putt for a two-under 68 that looked as if it would do little more than lock up another runner-up finish at Royal Lytham and St. Annes. Instead, he wound up with his second British Open—the other one was 10 years ago at Muirfield—and fourth water champions his

major championship.

"Amazing," Els said. "I'm still numb. It still hasn't set in. It will probably take quite a few days because I haven't been in this position for 10 years, obviously. So it's just crazy, crazy, crazy getting here."

The celebration wa



nes golf club Sunday in England. Peter Morrison/The Associated Press

Quoted

"I'm going to try and come and see you this evening. I'm supposed to go to Canada but I think I'm going to blow that thing off."

In his victory speech, Ernie Els said that he planned to visit his family in London. His quip about skipping the Canadian Open sent staff scambling to try to confirm he was coming. They could not confirm, though the South African said in his speech he would try to get to Canada on Tuesday.

muted, unlike his other three majors

majors.
"First of all, I feel for Adam
Scott. He's a great friend of
mine," Els said. "Obviously,

we both wanted to win very badly. But you know, that's the nature of the beast. That's why we're out here. You win, you lose. It was my time for some reason."

Scott said: "I had it in my hands with four to go. I managed to hit a poor shot on each of the closing four holes. Look, I played so beautifully for most of the week. I shouldn't let this bring me down.

"I can't justify anything that I've done out there. I didn't finish the tournament well today. But next time — I'm sure there will be a next time, and I can do a better job of it." THE ASSOCIATED PRESS

MLB. Jays bats go berserk to finish sweep in Boston

The Toronto Blue Jays more than made up for the loss of slugger Jose Bautista against the Boston Red Sox.

Brett Lawrie hit the game's first pitch for one of Toronto's four homers and the Blue Jays tagged Jon Lester for a careerworst 11 runs in a 15-7 victory that completed a three-game sweep of the Red Sox in Boston on Sunday.

J.P. Arencibia, Rajai Davis and Travis Snider also homered for the Blue Jays. Coming into Boston last in

Coming into Boston last in the division and minus one of the game's best power hitters, the Blue Jays pounded the Red Sox by a combined score of 28-11 after being swept in three games by the Yankees.

"It was just a very good offensive day and a very good weekend, considering what we came out of in New York and the loss of Jose," Toronto manager John Farrell said. "The guys bounced back and we had a very good weekend here."

Bautista who leads the club with 27 homers, is on the 15day disabled list with a sore left wrist.

Toronto (48-47) posted a season high for runs and climbed out of the AL East cellar, mov-

Sunday's game

15
7
Blue Jays Red Sox

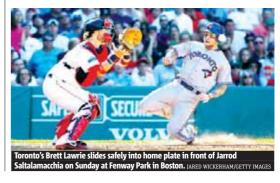
ing a half-game ahead of the Red Sox (48-48). The Blue Jays matched their season high with 18 hits.

"I think the boys set the tone. First pitch of the game, Brett comes out swinging," Snider said. "J.P. and the rest of the at-bats we put together against Lester were good at-bats against a good pitcher like Lester. We've struggled (against him) before and to come out of here with a sweep is nice."

Lester (5-8) allowed a careerhigh four homers and nine hits. He was booed off the field after being pulled with no outs in the fifth.

"God, I hope so," said Lester when asked if he needs to get better soon. "It's getting old." Henderson Alvarez (6-7)

Henderson Alvarez (6-7) pitched 5 2/3 innings for Toronto, giving up seven runs and seven hits. THE ASSOCIATED PRESS





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SPORTS: LONDON GAMES

Gaining power from the past

Weightlifting. Medal contender Girard inspired by Canada's former strong-women

The heaviest thing on Christine Girard's shoulders at the Olympics may be the legacy left by the Canadian female weightlifters that came before her.

But it's not a burden that slows her down. It only adds extra inspiration for London.

Girard, who grew up in Rouyn-Noranda, Que., is thinking particularly of Maryse Turcotte, who competed for Canada in the 2000 and 2004 Summer Olympics and won gold in two Commonwealth Games and one Pan American

"That's what I want to experience at the Olympics, that the world knows we are nice and polite in Canada but that doesn't mean we can't compete."

Games before she retired.

"I have enormous respect for Maryse and for what she did, Girard said from White Rock, B.C., where she trains and lives with her husband and coach Walter Bailey. "She was one of the first to stand out at the international level.

"Maryse showed what it's possible to do, she dared to do it. I want to do the same thing and hope to push things further in the future.

Girard hopes to add to the

history in London, where she will compete in the 63-kilogram event on July 31. If she makes the podium, she'll be the first Canadian woman to get an Olympic medal in that disci-

27-year-old, who was born in Elliot Lake, Ont., is not discouraged by incidents of doping within her sport.

"They have their reasons and I know this is not always their choice as an athlete," she said of those who cheat. "My goal is to show that if you work hard you can beat the others. Maybe it takes more years of training to get to that point - for me, it's 17 years — but I honestly think it's possible." Girard is on her way to prov-

ing her point. She lifted 135 kilograms in the clean-and-jerk in training earlier this year — tying the Olympic record — and recently hoisted 136 kilograms.

"I've spent years testing that every month," she said. "If I'm capable of doing that in training, then others can too."

Girard, who was fourth at the Beijing Games, holds the record in the snatch and in total weight in her class at the Commonwealth Games - 60 kilograms — and the Pan American Games (63 kilograms).

THE CANADIAN PRESS



Track-and-field. U.S.-born athletes make up most of Haiti's small Olympic squad

Four of Haiti's five Olympians at the London Games have something in common - they're not from Haiti.

With millions of Haitians living on \$2 a day or less and hundreds of thousands of people rendered homeless by a devastating earthquake two vears ago, the country struggles to produce world-class athletes. But those with Haitian links are eager to represent the small

Caribbean country.
"I still feel Haitian even if I wasn't born there," 21-year-old sprinter Marlena Wesh said in a telephone interview with The Associated Press.

Wesh, who will run the 200 and 400 metres at the Olympics, grew up in Virginia but her parents are from Haiti.

Besides having family ties to Haiti, the four foreign-born Olympians will be competing in track-and-field, including a former roommate of Facebook founder Mark Zuckerberg.

Samyr Laine, a 28-year-old triple jumper from New York,



myr Laine will compete for Haiti in

roomed with Zuckerberg at Harvard.

He hopes to eventually form a non-profit group called the Jump for Haiti Foundation, a sports program to produce fu-ture Olympic athletes from the country. Laine said he plans to call on his friends, including his roommate-turned-billionaire, to donate a few dollars.

"I hope they see the merits of my cause," Laine said. "I will definitely try to reach out to

Athletic infrastructure

Haiti does pose unusual chal-

- Three of Haiti's five competitive running tracks house thousands of people in tents and shanties who were displaced by the January 2010 earthquake.
- The office of the Haitian Olympic Committee has a budget of \$400,000. The U.S. Olympic Committee's budget is about \$170 million US.

Mark as well."

Moise Joseph, a 30-year-old 800-metre runner, and Jeffrey Julmis, a 28-year-old 100-metre hurdler, are also on the team. Haiti's lone homegrown Olympian is Linouse Desravine, a 21-year-old judoka.

THE ASSOCIATED PRESS

Libya

Released Olympic committee chief says kidnapping still a mystery

The president of Libva's Olympic Committee said hours after he returned home Sunday that his kidnapping remains a mystery but that authorities promised to investigate.

Committee chief Ahmed Nabil al-Taher al-Alam was released unharmed a week after unknown gunmen abducted him from his car in Tripoli.

THE ASSOCIATED PRESS

Basketball

Torch reaches new heights in London

Argentina gives U.S. early exhibition test

Amelia Hempleman-Adams poses with the Olympic flame on top of a London Eye pod on the torch-relay leg through

of the River Thames, riding atop one of the Eye's viewing capsules as it slowly rotated. The 17-year-old Hempleman-

Adams was the youngest person to ski to the South Pole last year. The Olympic flame continues its weeklong journey around London, after spending more than 60 days touring Britain. LEWIS WHYLD/LOCOG/THE ASSOCIATED PRESS

London on Sunday. Hempleman-Adams took the torch on a trip on the giant observation wheel on the south side

The U.S. Olympic men's basketball team wore the throwback uniforms of the 1992 Dream Team on Sunday. The Americans' play was much different.

Kevin Durant scored 27 points and the United States held on for a narrow 86-80 victory over Argentina in an exhibition game.

The Americans got off to a hot start but their lead was down to four with 2:50 left after Manu Ginobili's three-point play. But Durant and Chris Paul hit big threepointers as the U.S. won after



being pushed for the second time in its four exhibition games. THE ASSOCIATED PRESS

Re-instatement

Baseball, softball agree to merge in bid to return to **Olympics**

Seven years after they were cut from the games, baseball and softball have agreed to merge into a single international federation in a joint bid to return to the Olympics.

The two sports, which were last played at the 2008 Beijing Games, each failed in separate attempts to win reinstatement for the 2012 and 2016 Olympics

THE ASSOCIATED PRESS

Social media



lines. It was an innocent tweet."

"Didn't

think it

would get

mass head-

U.S. hurdler Kerron Clement, who caused a social-media stir in London. He was less than complimentary in his tweet last week after a bus taking athletes to the village had a hard time finding its destination. He let his feelings be known on Twitter.

"Um. so we've been lost on the road for 4hrs. Not a good first impression London."

Clement's tweet

Heptathlon

Injuries force Sweden's Kluft to withdraw from **London Games**

Swedish long jumper Carolina Kluft says she won't compete at the London Olympics. because of a hamstring injury.
The former Olympic

and world heptathlon champion told Swedish tabloid Expressen she sees no point in going to London after the injury forced her to pull out of a competition in Finland.

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BY MICHAEL WIESENBERG

↑ Aries

March 21 - April 20

Think big, act big and big rewards are sure to follow The Sun in the most dynamic area of your chart means you won't let anything come between you and success. Life is a game and you love winning games.

Taurus April 21 - May 21

Make some changes on the home front this week - the bigger the better. How can you lighten up your living space? What can you do to give yourself a more relaxing environment? Don't wait just do it.

∐ Gemini May 22 - June 21

You don't need to raise your voice to make yourself heard - but you probably will. You want to make sure everyone - colleagues and loved ones alike - knows where you are coming from, and where you are going to.

9 Cancer June 22 - July 23

You seem to believe that you have been hard done by. Why is that? Maybe it's not other people's fault, maybe it's your own. If you want to change your luck, first change the way you look at the world.

Leo

July 24 - Aug. 23

Don't worry if you have not done as much as you should have in recent weeks because the Sun in your sign will give you a boost. But don't wait for good things to be given to vou – aet them vourself.

M Virgo

Aug. 24 - Sept. 23 A life of ease may sound inviting but what would you have to show for it in the long-term? Not much. You have so many talents and it's about time you started using them.

△ Libra

Sept. 24 - Oct. 23

Friends and family members will go out of their way to assist you today and if you are sensible and act on their advice you will do well on several levels. Your social life is about to pick up dramatically too.

M Scorpio Oct. 24 - Nov. 22

The Sun in Leo at this time of year leads to changes on the work front and it is important that you do not resist what happens over the next few weeks. Go with the flow and you'll do very well indeed.

プ Sagittarius Nov. 23 - Dec. 21

It's time to let go of beliefs and opinions that have been holding you back and to replace them with something a bit more up-to-date. You don't have to follow the herd but you do have to widen your perspective.

b Capricorn

Dec. 22 - Jan. 20

The planets are urging you to be more adventurous. There are occasions when it is right to take risks and this is one of them, so stop playing for time and start making things happen, at home and at work

🗫 Aquarius Jan. 21 - Feb. 19

Put other people's interests first over the next few days, both in your personal life and at work. If you go out of your way to make life easy for others they will make it up to you big time later on.

H Pisces

Feb. 20 - March 20 Tear up an existing arrangement and replace it with something more to your liking. Others may not be happy about it but it is your happiness you should be thinking of.

SALLY BROMPTON

- 1. Newmarket-born actor Carrey
- 4. Brampton-born Michael who received 2008 Canadian Comedy Award for best male performance for Superbad
- 8. With 68-Across, 4 out of 5 touch Ontario
- 13. Nabokov novel
- 14. What a French-Canadian traffic cop might yell
- 15. Where to get a date? 16. "___ gonna get it!"
 17. Something to believe
- 18. Ghana's capital
- 19. Part of the War of 1812 fought April 27, 1813, at what is now Toronto
- far, far better thing that I do ..."
- 23. Locks linking two of 8and 68-Across
- 24. Race starter
- 27. Library transactions 31. Scarborough or North
- York WRT Toronto
- 33. Dentistry deg. 34. Great Britain emblem
- 36. Timberlake's group
- 37. Willowdale-born comedian who hosted Deal or No Deal
- 41. Mary Tyler Moore Show spinoff 43. Oakville progressive
- rock quintet
- 44. Dashboard gauge
- 47. Broadcasters 49. Network bigshot
- 52. Summer in ON
- 53. Duncan do not 55. Israel native
- 56. Southernmost extent

- of Canada's mainland, in Lake Frie
- sor-born member of The Band
- 68. See 8-Across

- 1. Nakedness symbol
- 2. Conceptualized
- of Three Amigos, Pure Luck, Mars Attacks!, Father of the Bride
- 4. Early Ontario inhabitants
- 6. Shoal
- 8. Circumvent
- 10. It's beside F1
- 11. Broadcast

- 21. Bond, etc.
- leader who formed The
- 25. Carafe
- 28. Clay, after
- 30. Intoxicating elixirs

- 60. Toronto-born actress
- Jennifer known for playing Linda on Still Standing
- Hudson: Wind-63.
- 64. Vitamin stat 65. For ___: cheaply 66. Roman title
- 67. Auto retailer: abbr.
- 69. Sway 70. Sugary ending

- 3. Hamilton-born star

- 5. Rubik of cube fame
- 7. Lawyers: abbr.
- 9. Pool start
- 12. US airport checkers
- 14. Attorney-___ 20. Mao ___-tung
- 24. London-born band-
- Royal Canadians in 1924
- 26. US network
- 29. Falsehoods
- 32. Mad cow disease 35. Former Hungarian premier Imre
- 38. Poem
- 39. Admonitions 40. As ___: Persian poker
- ancestor
- 41. Canada's
- Chong 42. Secreted
- 45. Fräulein's frocks
- 46. How many stupid things are done 48. Unhappy
- goes!" 50. "Steady ___ goes 51. Indian lentil dish
- 54. Lawn tool
- 56. Not yours 57. Pack cargo
- 58. One of 8- and
- 68-Across 59. "___have to do"
- 60. Proverb or confident 61. Cape Town's nation:
- abbr. 62. Convex cooker



See today's answers at metronews.ca/ answers.



How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

Friday's Sudoku

4	3	5	2	1	6	9	8	
8	6	2	8	7	5.	4	3	
7	8	1	3	9	4	2	6	1
5	7	3	9	4	B	6	1	1
1	4	9	6	2	3	5	7	ı
5	2	6	1	5	7	3	4	1
2	5	8	7	6	9	1	2	1
16	1	4	5	8	2	7	9	1
2	9	7	4	3	1	ä	5	B

		9	7		8			
	8					1	2	
3	2				5	7		
3 6		7	2				5	
				5				
	9				4	2		1
		1	6				7	9
	6	3					1	
			8		9	4		





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